



# Prevention And Wellness

## SCDDSN PREVENTION AND WELLNESS COMMITTEE

Welcome to Winter 2008 Prevention and Wellness newsletter developed by South Carolina Department of Disabilities and Special Needs Prevention and Wellness Committee. The mission of SCDDSN includes assistance to "minimize the occurrence and reduce the severity of disabilities through prevention".

### New Approaches to Getting Fit at York County DSNB

Adults with developmental disabilities at York County Board of Disabilities and Special Needs have a new approach to getting fit. Funded by a SC Developmental Disabilities Council (SCDDC) grant, York County recently installed two outdoor exercise stations along an already existing walking trail. Located outside the work activity center, the trail was established in 2005 through a previous SCDDC grant.

One goal of York County DSNB is to educate adults with disabilities about health and nutrition and to provide the tools for success. The exercise stations are designed to encourage strengthening, flexibility, balance, and aerobic exercises. Each station allows (3) people to exercise simultaneously at their own speed and level. Additionally, there are two wheelchair accessible options.

Offering health and wellness options to service recipients is nothing new to the board. In 2005, The York County *Healthy Choices Project*, (also SCDDC funded), embarked on a course for teaching health and nutrition utilizing the *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities*. Topics include self-assessments, basic health needs, goal setting, exercise, nutrition, self-advocacy, community fitness, esteem building, and compromise.

An intern from the Health & Nutrition Program from Winthrop University teaches 12-week classes at each work activity center. In addition to the curriculum, there are shopping trips and taste tests for sampling healthier food options. The grant also provided funding for a registered dietician to develop healthy menus that

incorporate flavors that are so popular today.

At York County DSNB, weights are down significantly—the average weight loss is 8-10 pounds. Some participants with diabetes have had their medications lessened or discontinued. Blood pressures and waistlines have decreased. There have been fewer emergency room visits for breathing ailments secondary to obesity. Success is also shown by the participants' enthusiasm as they form better habits, make better choices or begin a new exercise program.



*Accessible Exercise Station*

For more information about the *Exercise and Nutrition Health Education Curriculum for Adults with Developmental Disabilities*, contact Denise Swafford, RN, Director of Nursing at [dswafford@yorkdsnb.org](mailto:dswafford@yorkdsnb.org).

### Steps to Your Health Update

Steps to Your Health is an evidence based wellness program that is proven to help initiate behavior change and has been ongoing since 1997. The program was created to determine how well individuals with intellectual and related disabilities would respond to group health promotion efforts when armored with concrete physical activity and health maintenance strategies.

Since August 2006, an efficacy trial of the Steps to Your Health (STYH) program has been underway in adults with disabilities recruited through county disability providers in South Carolina. Thus far, 223 individuals have completed the study with an additional 72 individuals currently enrolled. It is the hope of investigators to characterize and identify key determinants that will predict physical activity and weight in these individuals as well as test the efficacy of the Steps to Your Health program. If you are interested in participating please contact Marlo Thomas-Koger, MPH at (803) 434-2365 or via email at [marlo.koger@palmettohealth.org](mailto:marlo.koger@palmettohealth.org).

For providers using the Steps to Your Health curriculum, promotional items are available at the SCDDSN Prevention and Wellness Resource Room located on the Midlands Center campus in Columbia. Items include pedometers, water bottles and cups, exercise videos specific for people with disabilities including those using wheelchairs, pill boxes, magnets, jar grippers, pens, pencils and brochures. Please contact Trish Rhodes, HASCI Division Administrator, at (803)898-9422 or via email at [trhodes@ddsn.sc.gov](mailto:trhodes@ddsn.sc.gov) for more information.

## The American Association on Health and Disability

SCDDSN recently became a member of the American Association on Health and Disability (AAHD). AAHD is the only 501 © (3) national non-profit organization specifically dedicated to promote health and wellness for people with disabilities. AAHD accomplishes its mission through advocacy, research, education and public awareness. The purpose of AAHD is to advance theory, knowledge and practice in reducing the incidence of secondary conditions and to advance health and wellness initiatives for people with disabilities at the federal, state and community level. AAHD is governed by a board of directors and located in a suburb of Washington, DC. AAHD membership is composed of disability researchers, health care providers, policy analysts, state and local public health departments, people with disabilities, and the general public.

AAHD is committed to reducing health disparities between people with disabilities and the general population. In order to reduce health disparities, AAHD utilizes a multi-faceted approach. AAHD represents people with disabilities in many significant national activities related to health and disability, disability policy, disability research and disability services in Washington, DC. AAHD staff serve on various coalitions and hold leadership roles in the APHA Disability Section and the NCBDDD External Partners Group at CDC. AAHD is an active partner with healthcare, disability organizations, federal agencies, academic and research institutions with the goal of improving the health status and lives of people with disabilities. AAHD maintains an active website at [www.aahd.us](http://www.aahd.us), which hosts the AAHD *Health Promotion and Resource Center*, a comprehensive clearinghouse that provides current scientific, research abstracts, best practices and programmatic information on health promotion and wellness for people with disabilities. AAHD sponsors conferences and symposiums on health promotion and wellness for people with disabilities.

In 2008, AAHD launched the first peer reviewed *Disability and Health Journal (DHJ)*, which can be viewed at [www.disabilityandhealthjnl.com](http://www.disabilityandhealthjnl.com). The Journal is a scientific, scholarly, and multidisciplinary journal for reporting original contributions that advance knowledge in disability and health. The DHJ is a valuable contribution and is a landmark event for disability and health researchers, policy advocates, health care providers and people with disabilities. AAHD is a recipient of a co-operative agreement from CDC, NCBDDD, Disability and Health Team to provide technical assistance to 16 state health departments in the area of health and disability. AAHD has also been involved in a project with the Dept. of HHS, Office of Disability, to develop and implement the “*I Can Do It You Can Do It*”, a national mentoring physical fitness and nutrition initiative for children and youth with disabilities. AAHD is involved in the field of emergency preparedness for people with disabilities and co-founded the National Consortium on Disaster Preparedness and Emergency Response for People with Disabilities. AAHD is committed to improving access to health care and training of health care professionals and was awarded a grant for the Susan Komen Foundation to improve accessibility at mammogram facilities and increase awareness and sensitivity amongst healthcare providers.

It is through these types of initiatives that AAHD vigorously works to advance health promotion and wellness interventions for people with disabilities at the federal, state and community level. To learn more about AAHD, please visit [www.aahd.us](http://www.aahd.us). To learn more about membership in AAHD, which entitles all members to receive the *Disability and Health Journal*, please visit [www.aahd.us/membership](http://www.aahd.us/membership). Please contact Roberta Carlin, Executive Director at [rcarlin@aaahd.us](mailto:rcarlin@aaahd.us) for additional information.

## FY-08 Injury Prevention Projects– Head and Spinal Cord Injury Division

Each year, the HASCI Division funds several modest community-based injury prevention demonstration projects that are selected through an annual competitive process. Each project receives \$2500 to help support collaborative community activities. In FY-08, the following projects were funded:

**Safe Kids -Upstate** is utilizing the funding to deliver bike safety instruction in high-risk areas and neighborhood associations and to promote helmet ordinances and a state helmet law for children.

**Safe Kids -Midlands** organized a large safety festival and offered car seat safety checks, education for children and parents about bicycle safety, distribution and fitting of helmets, and fire and water safety education.

**Tri Development Center of Aiken County** is implementing an educational, enforcement, and safety awareness project with the aim of promoting the correct use of helmets and community bicycle education programs.

**Phoenix Center at Babcock** invited 163 daycare centers in Columbia to participate in a traumatic brain injury prevention curriculum during Brain Injury Awareness Month in March.

The **Greenville DSN Board** is developing an educational program about concussions for student athletes. They also plan to participate in community health fairs to disseminate prevention materials and educate the public about traumatic brain injury.

The **South Carolina Spinal Cord Injury Association** is expanding the Midlands *Think First* Chapter by training additional volunteer speakers to educate young people about their personal vulnerability and the importance of making safe choices.

Please contact Trish Rhodes at (803) 898-9422 or via email, [trhodes@ddsn.sc.gov](mailto:trhodes@ddsn.sc.gov) for more information.



*Safe Kids -Midlands Safety Festival*

SCDDSN would like providers to give input for future topics on prevention efforts and/or share what they are doing to promote healthy lifestyles for those they support. Please email [trhodes@ddsn.sc.gov](mailto:trhodes@ddsn.sc.gov).